



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09233, Passion-fruit juice, yellow, raw

Report Date: June 30, 2017 16:52 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 247g	1 fl oz 30.9g
Proximates						
Water	g	84.21	2	--	208.00	26.02
Energy	kcal	60	--	--	148	19
Energy	kJ	251	--	--	620	78
Protein	g	0.67	--	--	1.65	0.21
Total lipid (fat)	g	0.18	--	--	0.44	0.06
Ash	g	0.49	--	--	1.21	0.15
Carbohydrate, by difference	g	14.45	--	--	35.69	4.47
Fiber, total dietary	g	0.2	--	--	0.5	0.1
Sugars, total	g	14.25	--	--	35.20	4.40
Minerals						
Calcium, Ca	mg	4	--	--	10	1
Iron, Fe	mg	0.36	--	--	0.89	0.11
Magnesium, Mg	mg	17	1	--	42	5
Phosphorus, P	mg	25	--	--	62	8
Potassium, K	mg	278	1	--	687	86
Sodium, Na	mg	6	1	--	15	2
Zinc, Zn	mg	0.06	--	--	0.15	0.02
Copper, Cu	mg	0.050	--	--	0.124	0.015
Selenium, Se	µg	0.1	--	--	0.2	0.0
Vitamins						
Vitamin C, total ascorbic acid	mg	18.2	51	0.184	45.0	5.6
Thiamin	mg	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 247g	1 fl oz 30.9g
Riboflavin	mg	0.101	--	--	0.249	0.031
Niacin	mg	2.240	--	--	5.533	0.692
Vitamin B-6	mg	0.060	--	--	0.148	0.019
Folate, total	µg	8	--	--	20	2
Folic acid	µg	0	--	--	0	0
Folate, food	µg	8	--	--	20	2
Folate, DFE	µg	8	--	--	20	2
Choline, total	mg	4.0	--	--	9.9	1.2
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	47	--	--	116	15
Retinol	µg	0	--	--	0	0
Carotene, beta ¹	µg	525	4	--	1297	162
Carotene, alpha ¹	µg	35	4	--	86	11
Cryptoxanthin, beta ¹	µg	47	4	--	116	15
Vitamin A, IU	IU	943	--	--	2329	291
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	0.02	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.4	--	--	1.0	0.1
Lipids						
Fatty acids, total saturated	g	0.015	--	--	0.037	0.005
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.012	--	--	0.030	0.004
18:0	g	0.004	--	--	0.010	0.001

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 247g	1 fl oz 30.9g
Fatty acids, total monounsaturated	g	0.022	--	--	0.054	0.007
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.022	--	--	0.054	0.007
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.106	--	--	0.262	0.033
18:2 undifferentiated	g	0.105	--	--	0.259	0.032
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹A Homnava, W Rogers, R R Eitenmiller Provitamin A activity of specialty fruit marketed in the United States., 1990 J. Food Composition and Analysis 3 pp.119-133